

CHICKEN SALPICON WITH CHIPOTLE

This salad is easily put together and may be doubled or tripled for a crowd. Served with fresh warm tortillas, it becomes a savory filling for rolled soft tacos.

INGREDIENTS:

The Chicken

- ☐ 4 boneless skinless chicken breast halves
- ☐ Juice of 1 Meyer lemon, or other lemon
- ☐ 1 tablespoon olive oil
- ☐ ½ teaspoon salt
- ☐ 2 teaspoons powdered chipotle

The Dressing

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon dried oregano
- ☐ ½ teaspoon salt

Salad

- ☐ 2 carrots, peeled and cut in half
- ☐ 2 red-skinned or Yukon Gold potatoes, halved
- ☐ 2 canned chipotle chiles, rinsed, seeded and diced
- ☐ 2 green onions, minced
- ☐ 6 romaine lettuce leaves, cut into slivers
- ☐ 1 perfectly ripe avocado, pitted, peeled and diced

INSTRUCTIONS: Place the chicken between pieces of wax paper and, using a mallet or a heavy skillet, gently pound to a uniform thinness.

Place the chicken in a glass baking dish or heavy-duty plastic storage bag.

Mix together the lemon juice, olive oil, salt and chipotle powder. Pour over the chicken.

Set aside to marinate at room temperature for 20 to 30 minutes.

Whisk together the vinegar, olive oil, oregano and salt.

Steam the carrots for about 10 minutes, until tender.

Steam the potatoes for about 20 minutes, or until a fork can pierce them easily.

When the vegetables are cool enough to handle, cut them into ½-inch dice. Drizzle half of the dressing over the warm vegetables. Preheat the broiler.

Broil the chicken for about 5 minutes per side.

Transfer to a cutting board and slice across the grain into strips.

Place the strips in a bowl and add the chipotles, green onions and the remaining dressing. Toss to combine.

To assemble: Divide the lettuce among serving plates.

Top with the chicken strips, sprinkle on the marinated vegetables, then garnish with avocado.

Serve as is or accompany with warm tortillas to use as wrappers for the salpicon.

Serves 4.

PER SERVING: 340 calories, 31 g protein, 22 g carbohydrate, 16 g fat (2 g saturated), 69 mg cholesterol, 432 mg sodium, 5 g fiber.

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include the type of food, marinating time and amount of surface area. Therefore, the marinade is not included in this analysis.